

McDOWELL MOUNTAIN REGIONAL PARK

MONTHLY PROGRAMS

PARK HOURS:

Sunday – Thursday: 6 a.m. – 8 p.m.
Friday – Saturday: 6 a.m. – 10 p.m.
365 days a year

NATURE CENTER HOURS:

Sunday – Saturday: 8 a.m. – 4 p.m.

PARK FEES:

\$6 vehicle day-use entry fee (no additional fees for programs, unless otherwise noted)

ONLINE RESERVATIONS:

<http://www.maricopacountyparks.org/>

DIRECTIONS:

From central Phoenix, take Loop 202 east to Beeline Highway (SR 87). Continue northeast on SR 87 to Shea Blvd. Travel west on Shea Blvd. to Saguaro Blvd.; turn north. Continue through Town of Fountain Hills to Fountain Hills Blvd; turn right and travel four miles to the McDowell Mountain Regional Park entrance.



Maricopa County

Parks and Recreation Dept.
McDowell Mountain Regional Park
16300 McDowell Mountain Park Drive
MMRP, AZ 85255
Ph: 480-471-0173
Fax: 480-471-3523
mcdowellpark@mail.maricopa.gov



JANUARY 2015 FEATURED PROGRAMS

Friday Fitness Hikes!

Date: 1/2/2015 **Time:** 5:30 p.m.

Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. Check for the meeting location of each week's hike on the program schedule and/or the park website. www.maricopa.gov/parks

Core: Animals

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Full Moon Hike & Campfire

Date: 1/3/2015 **Time:** 5:30 p.m.

Description: Enjoy a night in the desert under the full moon! We will take a 3-mile out and back hike from the Trailhead Staging Area, then enjoy a campfire after the hike! Bring a camp chair and the fixin's for some s'mores if you wish!

Core: Outdoor Skills

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Become a Jr. Ranger

Date: 1/10/2015 **Time:** 10a.m.

Description: Bring your kids (ages 5-12) out to the park for this "on your own" program. Stop by the Nature Center between 10am-11am to pick up the Junior Ranger Booklet. Head outside to complete the required activities and have fun! Return to the Nature Center when you're finished to pick up the Jr. Ranger badge you earned! You can complete the activities in this program in 1-2 hours.

(Please note that the Nature Center closes at 4pm).

Core: Outdoor Skills

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LIVE ANIMAL PRESENTATION with LIBERTY WILDLIFE!

Date: 1/10/2015 **Time:** 1 p.m.

Description: Don't miss this! Local wildlife rehabilitators will be here with a few of their creatures for you to see up close and personal! Learn about these animals and the challenges they face. Program will be held outside at the Visitor Center.

Core: Animals

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Nature Nurture - Kids Craft Time!

Date: 1/17/2015 **Time:** 2 p.m.

Description: Nurture your child's love of nature with a kid friendly craft project! We will have a few easy options for your child to choose from to make a souvenir from their visit to the park. Program will be held at the Nature Center after the Reptile Feeding. Please RSVP for this program by contacting the park at 480-471 0173 or email

amyroberts@mail.maricopa.gov

Core: Entertainment & Social Skills

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MONTHLY EVENTS

Friday Fitness Hike – Trailhead Staging Area

Date: 1/2/2015 **Time:** 8 a.m.
Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. Meet at the Trailhead Staging Area.
Core: Health & Fitness

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Full Moon Hike & Campfire

Date: 1/3/2015 **Time:** 5:30 p.m.
Description: Enjoy a night in the desert under the full moon! We will take a 3-mile out and back hike from the Trailhead Staging Area, then enjoy a campfire after the hike! Bring a camp chair and the fixin's for some s'mores if you wish!
Core: Entertainment & Social Skills

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10 Common Plants of the Sonoran Desert

Date: 1/8/2015 **Time:** 10:30 a.m.
Description: Did you know the Sonoran Desert has over 2,000 species of plants?! That's too many to remember, so join the Ranger on this easy 2-mile hike to discover the 10 most common plants we encounter while hiking. Meet at the Wagner Trailhead.
Core: Plants

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Friday Fitness Hike - Wagner

Date: 1/9/2015 **Time:** 8 a.m.
Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. Meet at the Wagner Trailhead.
Core: Health & Fitness

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Become a Jr. Ranger

Date: 1/10/2015 **Time:** 10a.m.
Description: Bring your kids (ages 5-12) out to the park for this "on your own" program. Stop by the Nature Center between 10am-11am to pick up the Junior Ranger Booklet. Head outside to complete the required activities and have fun! Return to the Nature Center when

you're finished to pick up the Jr. Ranger badge you earned! You can complete the activities in this program in 1-2 hours. (Please note that the Nature Center closes at 4pm).
Core: Outdoor Skills

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LIBERTY WILDLIFE – LIVE ANIMAL PRESENTATION!!

Date: 1/10/2015 **Time:** 1 p.m.
Description: Don't miss this! Local wildlife rehabilitators will be here with a few of their creatures for you to see up close and personal! Learn about these animals and the challenges they face. Program will be held outside at the Visitor Center.
Core: Animals

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Hiking Toward 100

Date: 1/11/2015 **Time:** 9 a.m.
Description: Are you participating in the 100-Miles in 100 Days Challenge? This is your chance to come out to McDowell Mountain Park to earn another 4.5-miles toward your goal! Meet at the Trailhead Staging Area.
Core: Health & Fitness

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Bird Walk

Date: 1/14/2015 **Time:** 9:30 a.m.
Description: Bring your binoculars! We will take a slow walk through the desert and look for birds. No birding experience required, only an interest in birds! Meet at the Visitor Center for this slow, easy walk.
Core: Animals

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Hiking toward 100

Date: 1/15/2015 **Time:** 9 a.m.
Description: Are you participating in the 100 miles in 100 days challenge? This is your chance to come out to McDowell to earn another 3-miles toward your goal. Meet the Ranger at the North Trailhead.
Core: Health & Fitness

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Friday Fitness Hike – Four Peaks/Horse Staging Area

Date: 1/16/2015 **Time:** 8 a.m.
Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. Meet at the Four Peaks/Horse Staging Area.
Core: Health & Fitness

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Reptile Feeding

Date: 1/17/2015 **Time:** 1:30 p.m.
Description: Our resident snakes will be eating their lunch, and invite you to join them! They will be eating pre-killed mice, so it may be a little easier for you to stomach than you think. If you haven't seen a snake eat, it's a fascinating process. Now is your chance! Meet at the Visitor Center.
Core: Animals

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Nature Nurture - Kids Craft Time!

Date: 1/17/2015 **Time:** 2 p.m.
Description: Nurture your child's love of nature with a kid friendly craft project! We will have a few easy options for your child to choose from to make a souvenir from their visit to the park. Program will be held at the Nature Center after the Reptile Feeding. Please RSVP for this program by contacting the park at 480-471 0173 or email amyroberts@mail.maricopa.gov
Core: Entertainment & Social Skills

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Easy Mountain Bike Ride

Date: 1/22/2015 **Time:** 9:30 a.m.
Description: Want to get out for an easy ride, but don't want to go along? Join us! We will meet at the Trailhead Staging Area and head out for a beginner friendly mountain bike ride. Whether you are new to mountain biking, or just want some company, it's a great way to start the day. Plan to ride for about 1-2 hours. Helmet is required.
Core: Health & Fitness

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Friday Fitness Hike – Sonoran Trail

Date: 1/23/2015 **Time:** 8 a.m.
Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. Today's hike is *STRENUOUS*. For experienced hikers only! Meet at the Dixie Mine Trailhead-- at the end of Golden Eagle Blvd, in Fountain Hills (outside of park), for this strenuous hike on the Sonoran Trail. Hike will be led by Kevin B.
Core: Health & Fitness

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McDOWELL MOUNTAIN REGIONAL PARK CALENDAR OF EVENTS

Basic Geocaching

Date: 1/24/2015 **Time:** 10 a.m.

Description: Join the Park Ranger to learn about this fun outdoor activity, and do some hands on geocaching! Bring your GPS if you have one, but if you don't have one, no worries! You can still come out to see what this activity is all about. Be prepared to do some hiking and be outside. Meet the Ranger at the Trailhead Staging Area.

Core: Outdoor Skills

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Wag, Walk & Adopt!

Date: 1/25/2015 **Time:** 10am-2pm

Description: Calling all dog lovers! Adoptable dogs from Maricopa County Animal Care & Control will be here to strut their stuff. Come out and take a hike with them to help them get some exercise and/or look for your newest family member! Meet at the Four Peaks Staging Area.

Core: Animals

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Bird Walk

Date: 1/28/2015 **Time:** 9:30 a.m.

Description: Bring your binoculars! We will take a slow walk through the desert to look for birds. No birding experience required, only an interest in birds. Meet at the Nature Center for this slow, easy walk.

Core: Animals

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Friday Fitness Hike – Tom's Thumb

Date: 1/30/2015 **Time:** 8 a.m.

Description: Every Friday these fitness hikes begin from various locations throughout the park. The length of the

hike varies each week based on the trail and the group, but are usually at least 5-miles, so be prepared for a longer hike. Please have plenty of water, and snacks, and wear appropriate clothing. Hike leader is Kevin B. This week's hike starts OUTSIDE OF THE PARK at the Tom's Thumb Trailhead, off of 128th Street in Scottsdale (off of Dynamite). This is a difficult hike that involves a good amount of elevation and loose rocks. A hiking pole is recommended for this hike that starts in the McDowell Sonoran Preserve.

Core: Health & Fitness

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Sonoran Desert 101

Date: 1/31/2015 **Time:** 2 p.m.

Description: Are you new to desert or just visiting and fascinated by your alien surroundings? Join Ranger Amy R. to learn more about it! Meet at the Visitor Center where you will see some desert critters (including a live rattlesnake!) and take a short walk to see the beautiful desert up close and personal.

Core: Plants

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STAFF:

Park Supervisor: Rand Hubbell

Interpretive Ranger: Amy Roberts

Office Asst. Jeanine O'Reilly

Maintenance: Erik Aguayo and Mark Ostapczuk

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MESSAGE FROM THE PARK SUPERVISOR:

Thank you for your continued support and interest in McDowell Mountain Regional Park. We realize that you have a

choice when it comes to selecting recreation venues and appreciate your business!

Sincerely,

Rand Hubbell

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WHAT TO BRING:

Please wear closed-toe shoes or boots for most programs, and bring plenty of drinking water. See descriptions below for specifics.

Notes: Fees for our programs are included in the park entry fee of \$6 per vehicle or with your annual pass or camping fee. Reservations are not required unless specified in the program description. Hikes/programs are canceled if heavy inclement weather is imminent. If possible, canceled hikes will be posted on our website.

MEDIA PARTNERS:

Thank you for helping us advertise McDowell Mountain Regional Park's programs and events! Please include Ranger Amy's email address – amyroberts@mail.maricopa.gov - in your postings so park visitors can contact the park directly for with general questions about programs, updates, and changes.

